



# Tucson Community Supported Agriculture

Newsletter 173 ~ January 26, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

**Winter 08-09**

**WEEK 8 of 12**

Harvest list is online  
([www.tucsoncsa.org](http://www.tucsoncsa.org))

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More recipes online  
([www.tucsoncsa.org/recipes/](http://www.tucsoncsa.org/recipes/))

## **Farm Visit Coming Up**

We're planning a visit to Crooked Sky Farms' Phoenix field where most of our vegetables come from. We're in the process of confirming the date with the farm, but we expect it to be on either Saturday or Sunday, February 21<sup>st</sup> or 22<sup>nd</sup>. We'll carpool from the Historic Y in the morning if you'd like to save a little CO<sub>2</sub>.

CSA's are founded, in part, to promote knowing where your food comes from (hence the bumper sticker that we sell asking "Who's Your Farmer?"). We do these farm visits because they're fun, but also to learn where our food comes from. Food and drinks are provided, and children are encouraged (they seem to have a great time). Watch this space and the weekly e-mail for the details.

## **Food Conversations**

Our CSA volunteers are thrilled when spontaneous conversations happen at the pick-up tables about how to prepare a certain item or how good something was last week. They also want to hear when something wasn't good, or when we've simply had it too much. We make an effort to report all that we hear to the farm, so please keep it up!

## **Newsletter Editor**

Paul Durham

## **SPRING SESSION REGISTRATIONS ARE ALMOST OPEN**



**February 2 to 15:** registration for renewing and former members only  
**February 16 to 28:** registration opens to the wait list

The Spring Session runs March, April and May. The cost per produce share for the 13-week session is \$247. (The per-week price is the same as for the current Winter Session, but there's one more week in the Spring Session.) Cheese shares are not available in Spring (and Winter) Sessions.

Contract forms are available at the CSA, or online under *Join > Subscriptions* ([www.tucsoncsa.org/join/seasonal-three-month-subscription/](http://www.tucsoncsa.org/join/seasonal-three-month-subscription/)). To avoid lines at the front desk, place your completed contract and payment in our drop-box at the CSA pick-up, or just mail them to us.

To get an idea of what harvests are in store for us this spring, go online to our *Harvests* link ([www.tucsoncsa.org/harvest-history/](http://www.tucsoncsa.org/harvest-history/)) and scroll down to previous spring harvests.

**We urge renewing and former members to sign up before we open subscriptions to the wait list on February 16. Starting on February 16, there is no priority for renewing and former members, and we process all contracts in the order received. Remaining spaces can fill up fast after that date.**

## **FARM NEWS – CROOKED SKY FARMS & TOMATOES**



Crooked Sky Farms has recently begun direct-seeding tomato plants in the field and Farmer Frank described to us his approach to growing tomatoes and the practice of direct-seeding compared to planting starts germinated in the greenhouse. Frank has used both, but with the average last-frost date of February 7<sup>th</sup> (at the Phoenix field where he grows our tomatoes) fast approaching, now is the time to begin putting the seeds in the ground.

Direct-seeded tomato plants, Frank explained, are stronger. Indeed, Frank believes that as a general rule any plant that can be direct-seeded will perform better. They develop a better root system, and the plants are tougher and more disease resistant. It's particularly important in organic farming to have a plant that is disease-resistant because chemical means of fighting plant diseases are, of course, not available. There also can be additional delay in harvesting when greenhouse-germinated starts are used, because when seedlings started in the greenhouse are planted in the field they pause for awhile, perhaps a couple weeks, before they resume growing.

This example illustrates how organic farming depends on, and benefits from, a specialized body of knowledge. It's probably obvious that a good non-organic farmer is not necessarily a good organic farmer, but this is one more illustration of that concept in practice.

## **THE WORLD OF HERBS** - lectures sponsored by Native Seeds/SEARCH

When: March 2-6, 2009; 9-11 a.m. each day: lectures, discussions and demonstrations on a wide variety of herbal topics including gardening with herbs and designing an herb garden, container herb gardening for gourmet cooking, Native American, Southwest, and winter herbs, and plants that add color to your garden. Go to [www.nativeseeds.org/catalog/product\\_info.php?cPath=1060&products\\_id=1151](http://www.nativeseeds.org/catalog/product_info.php?cPath=1060&products_id=1151) for more information and to register. \$75.00.

### Broccoli Soup - as you like it

Paula Karrer, Tucson CSA

Here's a quick broccoli soup that can be as healthy or decadent as you like - makes one generous serving

#### **The bare minimum:**

cooking fat of your choice

½ medium onion

garlic, if you wish

1 CSA portion broccoli (or cooked leftover broccoli)

chicken (or vegetable) broth - estimate about as much as will be

needed to just cover the broccoli once it's in the pan salt and pepper, or any other seasonings you think you would like

splash of milk or cream

#### **If you're feeling hungry:**

more cream, milk or plain or a combination thereof

grated cheese (cheddar is nice) a good ½ cup or more, if you like

#### **And if you want to go all the way:**

a slice of toasted French bread

more cheddar cheese

Separate the broccoli florets and leaves from the stems. Peel the stems and roughly chop them. Break the florets into smallish pieces. Sauté the onions in the cooking fat of your choice. Add some minced garlic if you like, and sauté a few moments. Add the broth, about as much as you think will be needed to cover the broccoli (don't worry, you can always add extra later, if you need it) and put in the broccoli stems, since these take longest to cook. When the stems are almost done, add the florets, and finally, the leaves. Once the broccoli is tender, puree everything in the blender. Thin the soup with more broth if needed and enrich with some milk, cream, and/or plain yogurt.

### Pennsylvania Dutch Cabbage and Noodles

Inez Whipple, Tucson CSA

This is pretty simple and tasty cabbage recipe that I make frequently for dinner.

1 tablespoon canola or corn oil

1 medium onion, chopped

1/2 head cabbage, coarsely chopped

1/2 cup water

2 cups whole wheat or egg noodles, cooked

salt, pepper

1/4 cup cheese, cheddar or goat work well, shredded (optional)

Heat the oil in a large frying pan and add the onion. Cook until the onion begins to become transparent. Then add the cabbage and the water. Reduce the heat a bit and stir occasionally.

When the cabbage is steamed through, add the cooked noodles, salt and pepper to taste and stir gently. Divide onto 2 plates and sprinkle with cheese. If you want to make this extra special, toast some breadcrumbs in a little butter and add those to the top of the dish before serving.

### Spanish Egg Drop Soup

Sara Jones, Tucson CSA

Use milder greens, like chard, spinach or baby braising greens for this simple soup. You can add diced ham for a heartier soup.

1-2 bunches greens, cleaned and cut into strips

3-4 cloves garlic minced

2 teaspoons olive oil

2 eggs

1 teaspoon each of salt and pepper

1 tablespoon flour

4 cups soup stock

Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth. Stir briefly, add greens (and ham, if using) and stir again. Cook until greens are wilted, just a few minutes. Serve, garnished with chopped green onion.

### Salad Dressings

Lorraine Glazar, Tucson CSA

The fresh herbs we receive from the farm lend themselves to making delicious fresh salad dressing to go with all the butter lettuce, red romaine, and other greens in our shares. It is especially tasty to combine them with the citrus fruit of the season. Remember when you make your own, even if you need to use some non-local ingredients, you are reducing the transport of commercially prepared dressings.

Basic recipe:

¼ cup lemon juice

¼ cup oil: olive, canola, a mix, or your preferred oil

3-4 tablespoons fresh dill, stems removed and roughly chopped

½ teaspoon prepared mustard

1 clove minced garlic (optional)

Salt and pepper

Blend in food processor or blender until the herbs are finely chopped and distributed through the dressing. Experiment with the basic dressing and adjust amounts to your taste. I like an even balance of oil and acid, although most recipes call for more oil than acid. You might like more garlic.

Suggested combinations:

- Lime juice with cilantro, add ½ teaspoon powdered cumin and/or chile powder

- Orange juice with cilantro, add a dab of orange marmalade, omit garlic

- Grapefruit with dill, add a small amount of honey

- Lemon juice and oregano